

# 1<sup>st</sup> ANNUAL PRIMAL THROWS CLINIC

**SATURDAY, MARCH 7th**

HOMESTEAD HIGH SCHOOL, MEQUON, WI



**GLIDE SHOT  
TECHNIQUE  
AND DRILLS**

**PRACTICE  
AND THROW  
INDOORS!**

**DISCUS  
TECHNIQUE  
AND DRILLS**

- Learn proper technique, drills, and training methods for glide shot put and discus from a high level coach.

- Beat the cold!

- Get the opportunity to throw indoors before your season starts.

- Get a head start to your season!

- Start practice throwing farther and ready to hit immediate PRs.

- Coaches are Welcome to Register and Attend.

- Send 3 or more throwers from your team - you can attend free!

**COST:**  
**only \$69 per athlete**

(Register Before January 31<sup>st</sup>  
and save 10%)

Registration ends March 1<sup>st</sup>. Space is Limited to 40 athletes. Sign Up Today!

**[EliteThrowsCoaching.com/Camps/WI](http://EliteThrowsCoaching.com/Camps/WI)**